



Dr Shalu A

MBBS, DNB PMR

Contact

Address

Malappuram, Kerala 679325

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7708715302

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drshaluarim22@gmail.com

Skills

Patient management

Diagnostic skills

Clinical research

Surgical skills

Clinical decision-making

Therapeutic interventions

Languages

English

Malayalam

Hindi

Tamil

Bengali

Professional medical practitioner with comprehensive background in patient care, clinical procedures, and healthcare management. Strong focus on team collaboration and achieving optimal patient outcomes. Reliable and adaptable to changing needs, with skills in diagnostics, treatment planning, and patient education. Known for excellent communication and leadership abilities.

Work History

2024-09 - Senior Resident (PMR Department)

Current
AIIMS Nagpur

2023-12 - Senior Resident (PMR Department)

2024-09
AIIMS Mangalagiri

2023-01 - Resident Medical Officer in department of Emergency Medicine

2023-04

EMS Memorial Cooperative Hospital & Research Centre, Perinthalmanna

Education

2020-08 - DNB: Physical Medicine and Rehabilitation

2023-08

National Institute for Locomotor Disabilities - Kolkata, West Bengal

2011-08 - MBBS

2016-02

Sri Lakshmi Narayana Institute of Medical Sciences - Pondicherry

1-year compulsory rotatory internship from March 2016 to March 2017

Co Curriculum

17th EULAR course on Rheumatic disease, 10/17/22-10/31/24

Membership in Scientific Societies

- Indian Association of Physical Medicine and Rehabilitation

Personal Details

Date of Birth: 22nd
November 1991

Nationality: Indian

Marital Status: Single

Gender: Female

- International Society of Physical and Rehabilitation Medicine
- Academy of Pain Physiatrists
- Indian Podiatry Associations

Personal Information

- Date of Birth: 11/22/91
- Gender: Female
- Nationality: Indian
- Marital Status: Single

Awards

Paper presentation on relation between latency changes and functional outcome in carpal tunnel syndrome treated with local steroid injection, 52nd Annual National conference of IAPMR

Publications & Research

First Author:

Shalu A, Yadav A, Chaubey S, Muraleedharan A. Relation between latency changes and functional outcome in carpal tunnel syndrome: insights from local corticosteroid injection therapy. *Indian J Phys Med Rehabil.* 2025;35(3):186–190.
doi:10.4103/ijpmr.ijpmr_73_24

Co-author:

Yadav A, Arimbooth S, Sonune S, Popalwar H, Gaikar RR, Sahani S. The effect of 5-in-1 dextrose neural prolotherapy for periscapular myofascial pain syndrome. *Cureus.* 2025;17(11):e98137.

Muraleedharan A, Chaubey S, Shalu A, Yadav A. Comparison of improvements in quality of life in rheumatoid arthritis. *Cureus.* 2025;17(12):e100094.

Yadav A, Arimbooth S, Muraleedharan A, Chaubey S. Generalised ligament laxity and flexible flatfoot. *J Clin Diagn Res.* 2025;19(1).

Conferences Attended

- IAPMRCON 2021, 01/21/21, Chennai
- 23rd annual state conference by Indian Association of Physical Medicine and Rehabilitation (West Bengal chapter), 03/27/21, Newtown business club, Kolkata
- IFNRCON 2021, 04/10/21 to 04/11/21
- IAPMR midterm CME by (KARM), 09/24/21 to 09/26/21
- 50th Golden Jubilee Conference of IAPMRCON 2022, 02/04/22 to 02/06/22, Delhi
- 24th annual state conference by Indian Association of Physical Medicine and Rehabilitation (West Bengal chapter), 04/30/22, IPGMER & SSKM hospital
- 50th midterm conference of IAPMR, 09/24/22 to 09/25/22, AIIMS Nagpur
- 52nd Annual National conference IAPMRCON 2024, 02/01/24 to 02/04/24, PSG institute Coimbatore
- 17th Annual Conference of IAPMR kerala chapter REHABCON 2024, 05/18/24 to 05/19/24, Calicut
- IPACON National 2025, Nagpur

Field Of Interest

- Neurorehabilitation
- Interventional and chronic pain management
- CTEV correction
- Deformity correction and soft tissue surgeries
- Podiatry and diabetic foot care

Training

1. Workshop on Radio-frequency Ablation at IPGME&R and SSKM, Kolkata in June 2022
2. Workshop on surgical rehabilitation at Swami Vivekanand National Institute of Rehabilitation Training and Research, Odisha on 19th- 22nd July 2022
3. Hands-on Training Workshop in Musculoskeletal Ultrasound & Fluoroscopic guided Pain Interventions & Regenerative Therapies held on 4th & 5th June 2022 at Central Hospital Kolkata.
4. Hands on workshop on "improving functional and motor performance in children with developmental disorders" conducted by 50th midterm conference of IAPMR at AIIMS Nagpur on 22nd September 2022
5. Hands on workshop on "Musculoskeletal ultrasound guided interventions" conducted by 50th midterm conference of IAPMR at AIIMS Nagpur on 23rd September 2022
6. 10 days external posting in the department of Physical Medicine & Rehabilitation at Christian Medical College, Vellore.
7. Hands on workshop on "chronic pain and orthobiologics" conducted by Academy of pain physiatrists (APP) at KGMU Lucknow on 7th-8th December 2024.